

Montgomery County Recreation Department



THE EDGE

NORTH POTOMAC SENIOR CENTER

Hours: Mon. – Fri. 9:00 a.m. – 3:00 p.m.

13850 Travilah Road • Rockville, MD 20850 • 240-773-4805

September 2018

September Classes:

We hope you are interested in taking advantage of classes taught by some of the best instructors and volunteers our county has to offer! For classes with an Activity # please register at the front desk or on-line at: ActiveMONTGOMERY.org.

Staying Fit & Having Fun

Tai Chi – Volunteer Led Class – (Activity#31596)

Mondays • 9:30am – 10:45am • \$1 • Social Hall • Drop In

Tai Chi is a wonderful, relaxed workout, but it is a workout! Tai Chi, as it is practiced in the West today, can perhaps best be thought of as a moving form of yoga and meditation combined, as opposed to a combat martial art. No registration is required

Stretching & Breathwork w/Pamela – Volunteer Led Class (Activity#40592)

Mondays • 11am – 12pm • \$1 • The Studio • Drop In

Join Pamela as she uses gentle stretching techniques. Some stretches can be done seated or standing. Please bring your own yoga mat. No registration is required

➤ **NEW CLASS Heart Plus w/Elizabeth – (Activity# 58571)**

Beginning Thursday September 13th, 20th, 27, & Oct 11th • 11am – 12pm • \$1 • The Studio • Drop In • 4 classes

Volunteer led exercise class. It will concentrate on aerobics, balance and core strength.

Line Dancing w/Yi-Ling – (Activity#56565)

Monday, September 17th • 1pm – 2:30pm • \$1 • The Social Hall • Drop In

Practice the latest and greatest line dances in a fun environment. All levels are welcome! Class is volunteer led. \$1.

Line Dancing Class w/Carol – (Activity#56514)

Mondays, September 10th & 24th • 1pm - 3pm • Social Hall • \$1 • Drop In

Learn the latest and greatest line dances in a fun environment. All levels are welcome! Class is volunteer led but you must register.

Staying Fit & Having Fun

Yoga for Vitality w/Natasha - (Activity #56524) • The Studio

Tue/Thru, September 4th – September 27th (8 sessions) • 9:15am – 10:15am • \$65

Senior friendly class that involves the basic Yoga techniques. Class is geared towards all levels. Chair use is acceptable, but class is progressive. \$10 Drop In. Registration taken at center or www.activemontgomery.org.

Happy Feet w/Carmen (Line Dancing Open Studio) (Activity#54566)

Thursdays • 2pm – 3pm • \$1 • The Studio

Learn the latest and greatest line dances in a fun environment. All levels are welcome! Class is volunteer led. Drop in!

Bone Builders- Volunteer-led Exercise Program

Mondays & Wednesdays, Tuesdays & Thursdays • Social Hall • Free

Mondays and Wednesdays 11:45am -12:45pm • Free (Activity #56041)

Tuesdays & Thursdays 10:45am – 11:45am • Free (Activity #56039)

Tuesdays & Thursdays 12:00 pm – 1:00 pm • Free (Activity #56040)

Classes are full! But you are welcome to join the waitlist.

Deep Breathing, Healing Movements (Activity# 39054) (Activity# 44936)

Mondays & Wednesdays • 9:15am – 10:45am • \$1 • Drop In

Learn ancient deep breathing and movement techniques that will help to heal the body holistically. Class can be done seated or standing. Some floor work involved. Wear comfortable clothing and suggested class be done barefoot. Please bring yoga mat. Volunteer instructor led.

Zumba Gold with Tony Bryan (Activity #56523)

Thursdays, September 6th – October 25th • Aux Gym

(8 sessions) • 12:00 pm – 1:00 pm • \$35 or \$7 drop-in

You do not want to miss this! A modified Zumba class that recreates the original moves you love at a lower intensity. The class focuses on balance, range of motion, muscle conditioning and coordination. Bring a water bottle.

Healthy Body, Peaceful Mind (Activity #34697)

Fridays • 10:30am – 12pm • \$2 • Social Hall B • Drop In

This program is a series of exercises, relaxation technique and meditation that combines Yoga, Tai Chi, Qi Gong, and meditation into a self-healing system that integrates body, mind and spirit. Instruction led by Tammy Hilton. This program can be done seated on a chair or a mat. Please bring your own mats. No registration is required.

Intellectually Speaking

Books, Bagels & Conversation

Thursdays, September 6th & 20th (Activity #54623)

10:30am-12pm • Free • Activity Rm. A

Gather with other adults in a relaxed atmosphere, for guided conversation on wide-ranging topics including books, pop culture, current events, community change, goals and so much more. For ages 55+

Intellectually Speaking

Spanish Conversation Group (Activity# 56576)

➤ **NEW DAY Mondays, September 10th, 17th & 24th • 1:30pm-2:30pm • Free • Activity Rm. B**

Join our very own Hilda Arana, a native Spanish speaker, and practice your Spanish conversational skills. This is not a class for those wishing to learn Spanish but a group for those wishing to practice. Intermediate to advanced level speakers welcome. Please register.

Effective Communication w/The Alzheimer's Association (Activity# 54714)

Tuesday, September 4th • 2pm-3pm • Activity Rm. A

As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Highlights of The Alzheimer's Disease Since Discovery w/Jay Choudhry (Activity# 58798)

Thursday, September 13th 1pm-2:30pm Activity Rm. B

Join Mr. Choudhry as he explores some of the aspects of aging. This is a program you do not want to miss. This presentation is for your enlightenment only, and not for the medical advice or recommendations. This presentation is based on published information.

➤ **NEW CLASS Taste of Chinese – (Activity #56500)**

Beginning Tuesday September 18th – October 23rd • 1:30pm – 2:30pm • Activity Rm. A

Explore the beautiful culture of China through language and more. This six-week, one of a kind class will be taught by a native speaker and educator of the Chinese language and culture. You will walk away with some basic language skills as well as knowledge of traditions. Please register at the center. Only \$20 for all classes! Size is limited.

Women's Discussion Group (Activity# 56496)

Friday, September 21st 1pm-2:30pm • Activity Rm. A

Join Denise Perdue as she leads informative and engaging discussions on topics related to women and living your best life!

Fun & Games

➤ **NEW CLASS Beginner Bridge Lessons w/Daisy Smith (Activity# 56657)**

Beginning Tuesdays, September 11th – October 30th • 10am-12pm • \$70 or \$10 drop in

Learn the fundamentals of modern bidding, play of the hand and some defensive principles. This is a beginners class taught by professional Bridge Instructor Daisy Smith.

Intermediate Bridge (Drop In) (Activity# 38670)

Tuesdays, • 1pm-3pm • Activity Rm C • Drop In • Free

Players of intermediate level are invited to participate in a drop-in game of Bridge. Players will enjoy this mentally stimulating game while building friendships in our community! Cards provided.

Mah Jong w/Marlene – (Activity# 54867)

Wednesdays September 5th – October 24th • Activity Rm. C • \$40

Players are invited to participate in this formal class led by a professional instructor. Novice to intermediate players will enjoy this mentally stimulating game while building friendships in our community! Game is provided. For additional information or to register call (240) 773-4805 or stop by North Potomac Senior Center's Front Desk. \$40 for 8-week session. No drop in. Thank you.

Music, Movement & More

Ballroom Dancing –Volunteer-Led Practice (Activity# 32029)

Wednesdays • 1pm – 3pm • \$1 • Social Hall • Drop In

Practice international dance - Waltz, Viennese Waltz, Tango, Paso Doble, Quickstep and Slow Foxtrot; Latin Dancing - Cha Cha, Rumba and Samba; Social dance - Swing.

➤ **Singing Circle w/TeAnna (Activity# 56501)**

Mondays September 10th -November 5th • 2pm-3pm • Activity Rm. B • Free

Learn basic singing and breathing techniques in a judgment free welcoming environment. No previous experience. Only requirement is a joy for singing and a smile.!

➤ ***NEW Senior Speak Easy: Open Mic Night***

(Activity# 56459) Wednesday, September 26th • 3pm-5pm • Social Hall

Have you ever wanted to read a poem, play an instrument, dance, tell a joke or sing a song in a judgement free and encouraging environment away from the hustle and bustle of the night club scene? Maybe your looking to showcase that juggling talent you've mastered? How about recreating a scene from your favorite play or movie? Well now is your time to shine! The North Potomac Senior Center cordially invites you to our very first Open Mic event. Get a tour of the county's newest senior center then sign up to perform or be a part of the awesome audience. Free! The North Potomac Senior Center 13850 Travilah Rd. Rockville, MD 20850. 240-773-4800. Registration taken at 30 minutes before event. Each participant given a max of 5 minutes. Questions about AV equipment or space please contact TeAnna Abraham Senior Center Director at 240-773-4806.

Celebrating Hispanic Heritage Month

Coffee w/Gabe Albornoz (Activity # 58786)

Friday, September 28th • 11am-12pm • Activity Rm. A

Join your friends at The North Potomac Senior Center for Coffee and Conversation with the Director of the Department of Recreation Gabe Albornoz. Hope to see you there!

North Potomac Senior Fiesta (Activity# 56309)

Friday, September 28th • 4pm-6pm • Social Hall

Join us for an afternoon FIESTA as we celebrate the Hispanic culture in dance, song and food. FREE! Please register at the center by calling 240-773-4805 or www.activemontgomery.org. Hope to see you there!

Creative Corner

➤ **Painting w/Brandi • Wednesday, September 12th • 12:30-2pm & Tuesday, September 25th • 12:30pm-2pm • \$10 per session • Art Room**

By popular request the senior center will be providing painting classes. The class is open to everyone. Beginners are highly encouraged! At the end of each session, you will walk away with a completed work of art! Professional instruction & all supplies will be provided at the discounted rate of only \$10 per session. Please register and pay at North Potomac Senior Center.

At The Movies

Mid-Day Matinees (Activity#56497) • Drop In

Fridays, September 7th & 14th • 1-3pm • Free • Activity Rm. A

This month we will be showing the best in Musicals! Stop by center for weekly selections!

Healing Hearts

Senior Helping Hands of North Potomac (Activity# 52695)

Wednesdays, September 5th & 19th • 2pm – 3pm • Free • Activity Rm. A

Are you interested in helping those less fortunate than yourself? Do you enjoy serving others? A group of seniors dedicated to making life a little bit sweeter for those in need. This month we will prepare a meal and play Bingo at a women's shelter as well as make sandwiches for the homeless.

Knitting Club by The Helping Hands (Activity# 53674)

Tuesdays, September 4th, 11th, 18th & 25th • 1pm-3pm

Calling all knitters and those who are interested in learning how to knit! We have an opportunity for you. In our efforts to make the world a better place we will be making knitted items for the Suburban Hospital Cancer ward. You do not have to be a pro. Just have a heart to serve and a willingness to learn this beautiful art. If you have yarn and needles, please bring them with you. Limited supplies will be donated by The Helping Hands of North Potomac. Please register at www.activemontgomery.org or stop by the center. Call 240-773-4800 for questions. Thank You!

Classes offered by our Community Partners

➤ **NEW University of Maryland Nursing Student Community Clinic**

Thursdays September 6th – November 15th • 11am -1pm • Activity Rm. A • Free

We will be embarking on a tremendous relationship with our friends at the Universities of Shady Grove School of Nursing this fall. We will be hosting senior nursing students who will conduct a myriad of non-evasive health assessments specifically targeted to the aging population from weekly blood pressure screenings to sleep assessments! The students will also provide some health education talks. The clinic is supervised by Karin Russ MS, RN and director of the School of Nursing.

Classes offered by our Community Partners

Holy Cross Diabetes Management Class

Thursdays, September 13th – October 18th • 10am-12:30pm • Activity Rm. B

Learn new skills and proven techniques to self-manage Diabetes disease. Class led by a trained professional from Holy Cross Hospital. Six sessions to be attended weekly by participants.

Topics will build week to week. You may also register with Holy Cross Health directly at 301-754-8800. Registration will not be taken at the center.

Fall Prevention Seminar w/GROWS

Wednesday, September 19th • 12:30pm-2pm • Activity Rm. A

Learn life habits that could save you or a loved one from falling. This class is open to care givers as well as those who are interested in learning more about fall prevention. GROWS is a nationally recognized leader in providing education to those 55+. Registration being taken online or at North Potomac Senior Center 13850 Travilah Rd. Rockville, MD 20840 or call 240-773-4800. Thank you.

Build Better Balance w/Oasis

Thursdays September 27th – November 15th • 11am –12pm • \$80 • Social Hall A

Build Better Balance (A)

Matt Miller, Functional Aging Specialist/Physical Therapist

Improving your balance can help prevent falls and enhance your mobility! This course will include strength training of your core and legs as well as stretching for common tight areas. We will teach practical strategies and tips for preventing falls while enjoying some fun balance exercises. Exercises may be performed seated or standing. Wear comfortable clothing and bring a bottle of water. Limit: 14

Fee: \$80 8 Sessions North Potomac Senior Center. Please register directly with Oasis by calling 301-469-6800, press 1, x211.

Senior Fit by Holy Cross Health

M/W • 1:00 pm – 2:15 pm • Free • No Drop Ins • Aux Gym

A partnership with Holy Cross Hospital and Montgomery County Recreation, these free 60 minute classes help participants to improve strength, endurance and flexibility. Participants must have a doctor's permission note. Call 301-754-8800 for registration information.

Senior Shape- Aerobic/Stretch/Strength by Suburban Hospital

Fridays • 9:30am – 10:15am • No Drop Ins • The Studio

Taught by a certified instructor, this fun 45-minute class is designed for seniors and will include an aerobic warm-up, resistance training, core work as well as flexibility. All participants should bring a set of light weights, a band and a mat. It is designed for all fitness levels.

Participants who cannot get on the floor can do core work from a chair. Register online at events.suburbanhospital.org or call 301-896-3689.

Classes offered by our Community Partners

Advanced Beginner Spanish I 208

Tuesdays • 11:30am-12:30pm • Classroom B

Judith Lowe, Spanish Instructor

This course requires a basic knowledge of vocabulary related to greetings, calendar, family, food, weather, shopping, travel, professions and health. Grammar includes present tense of regular and a few irregular verbs, stem-changing verbs, reflexive verbs, IR+a+infinitive. For new and continuing participants, a book is required. The book is entitled 5-Minute Spanish (Publisher: Berlitz. ISBN #978-981-268-456-1.) Please bring the book and a 3-ring binder for additional handouts to each class. Limit: 10 If you have questions about class placement, please contact the instructor, judithlowe@verizon.net. Class#207 Fee: \$180 12 Sessions

Advanced Beginner Spanish II 211

Tuesdays, • 1pm-2pm • Classroom. B

Judith Lowe, Spanish Instructor

This course requires a basic knowledge of the Present Tense of regular and irregular verbs, several stem-changing verbs, and interrogative words.

Vocabulary topics include shopping, travel, professions and health. For new and continuing participants, a book is required. The book is entitled 5-Minute Spanish (Publisher, Berlitz. ISBN # 978-981-268-456-1.) Please bring the book and a 3-ring binder for additional handouts to each class. Limit: 12 If you have questions about class placement, please contact the instructor, judithlowe@verizon.net.

Fee: \$180 12 Sessions

Beginner Spanish (continuing) 209

Tuesdays, • 2:15pm -3:15pm • Classroom B

Judith Lowe, Spanish Instructor

This course is designed for people who took Beginner Spanish during the winter/spring/summer 2017 term, or people who are acquainted with a few expressions in Spanish. For new and continuing students, a book is required. The book is entitled Spanish Made Simple, ISBN #978-0-7679-1541-0. It is available on Amazon.com.

Please bring the book and a 3-ring binder for additional handouts to each class. Limit: 22

If you have questions about class placement, please contact the instructor,

judithlowe@verizon.net.

Class#210 Fee: \$180 for 12 Sessions Registration is required. Call 301-469-6800, press 1, x211

Or visit our website: oasisnet.org/washington

Drop-in Activity Schedule:

Open Gym Schedule with Senior Sneaker or Gym Rat Pass required. Senior is 55+; Adult is 18+.

Monday:

Senior Pickleball 9am – 12pm

Adult Pickleball & Basketball 6:15 – 8:45pm

Tuesday:

Senior Volleyball	9am – 12pm
Adult Volleyball	6:15-8:45pm

Wednesday:

Senior Basketball	9am – 12pm
Adult Basketball	6:15-8:45pm

Thursday:

Senior Badminton	9am – 12pm
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***All Programs are subject to change. Check at the Front Desk to make sure activities are scheduled.**

SENIOR SPOTLIGHT



As the Center grows along with the North Potomac community, we have chosen in this column to highlight some of our members who contribute so generously to growing the programs and services of the Center.

We have chosen Naening Lin for our first column.

In one of our most recent programs, “The New Face of Montgomery County,” we reported the dramatic growth of immigrant residents [born outside the United States]. Naening and her husband, preceded this surge with their arrival in the United States in 1980.

Though they came from far away Taiwan, where they had grown up, their resettling in the U.S. was made a little easier by coming from a country where there had been an ongoing awareness of American culture.

After living in Boston for four years, they moved to the North Potomac area with their son and daughter in the mid-80s. Both of their children graduated from Thomas Wootton High School and are now living on the West Coast.

Naening was a Chinese language teacher at Wootton High School for nineteen years. During that time, was also very involved with several community volunteer groups. She took early retirement in 2011 and moved to Singapore with her husband in 2012 because of his career change. They moved back to Maryland in February 2017, and she started coming to the North Potomac Senior Center at the end of that month.

Whenever she is in town, Naening comes to the center early in the morning to use the exercise room for her daily workout. There, she befriended other senior early-risers. As time goes by; they have formed a close knitted social group. For her intellectual enrichment,

Naening participates in the bi-weekly Bagels, Books, and conversation program regularly ; she also enjoys attending a good variety of lectures offered at the Senior center.

Another activity she is very fond of is the Senior Helping Hands program. In that program, volunteers make sandwiches for the homeless in the District of Columbia every month, do bake sales fundraising activities , and sponsor other charity events. Naening also volunteers at the Senior Nutrition Program regularly. In order to help some newly arrived Chinese immigrants who have joined the Senior Center to be better informed, she often volunteers to translate English flyers or information sheets into Chinese. Naening believes that doing volunteer works bring joy into her life and she is honored to have these opportunities to make contribution to her own community.

This coming September, Naening will teach a six session class titled, A Taste of Chinese at the Senior Center. The Class will include beginner conversational Chinese and cultural themes of interest of Center participants.

The North Potomac Center as well as its staff has benefitted from her daily support of its programs and looks to her for new initiatives that will add to its community services.

In the next edition of this column, we hope to publicly pay recognition to many more of the builders and shapers of the North Potomac Community Center.

Coming Attractions

October 13th Anniversary Fall Festival

October 23rd Paint & Sip with Brandi

NORTH POTOMAC SENIOR CENTER TEAM

TeAnna Abraham

Director of Senior Center

Hilda Arana

Dionne Adams-Barbour

Mayra Bayonet

Kathei Brown

Denise Perdue

Lyle Ryter

Senior Staff



Jean Wang, Nutrition Manager